

Course Dates & Locations



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This course is 15.0 contact hours/1.5 CEU's

This course is 18.0 contact hours/1.8 CEU's, for therapists licensed in NY, IL or DC.

Certificates for attendance are given upon successful completion of the course.

This course is applicable for PT, PTA, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. IL PT provider #216000074. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 ccu's, 15 Category-1 DA points. This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX and meets continuing competence requirements for physical therapist and physical therapists assistant licensure renewal in Texas for 15 ccu's. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. **North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487.** AOTA approval hours are 15. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. **BOC provider # P2047, 15 hrs, category A, call for evidence-based approval status.**

Call 800-300-5512 for specific state approval numbers as they are continually updated.

Functional Mechanics of the Lumbopelvic Region and Lower Extremity



An Evidenced-Based Course
Presented by
Lukas Tvedt, PT, DPT, OCS

North American Seminars®
1-800-300-5512 | Fax 1-800-310-5920
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Responsible CME®
PT, PTA and AT - Continuing Education Course

Day One

| | | |
|-------|-------|--|
| 7:30 | 8:00 | Registration |
| 8:00 | 8:30 | Introduction |
| 8:30 | 9:00 | Importance of Clinical Assessment of Movement <ul style="list-style-type: none"> • Functional movement analysis • Use of technology in assessment |
| 9:00 | 9:30 | Red Flags <ul style="list-style-type: none"> • Lower Quarter • Lumbar • Hip |
| 9:30 | 10:00 | Lumbopelvic and Lower Extremity <ul style="list-style-type: none"> • Anatomy and surrounding structures • Identifying key structures • Functional anatomy of the kinetic chain |
| 10:00 | 10:15 | Break |
| 10:15 | 12:30 | Biomechanics of the Lumbar Spine Hip and Lower Extremities-Differential Diagnosis(Lab) <ul style="list-style-type: none"> • Gait Assessment <ul style="list-style-type: none"> - Systematic approach to gait assessment - Lower extremity kinetics assessment |
| 12:30 | 1:30 | Lunch (on your own) |
| 1:30 | 2:30 | Pathomechanics of the Lumbar Spine <ul style="list-style-type: none"> • Common overuse/acute spinal pathologies • Proximal biomechanical factors in LE dysfunction • Lumbar treatment classification system |
| 2:30 | 4:00 | Pathomechanics of the Hip and Lower Extremity (Lec/Lab) <ul style="list-style-type: none"> • Foot and ankle: distal factors in LE injury • Knee: Medial collapse and injury • Hip: overuse injuries-biomechanical considerations • Functional testing |
| 4:00 | 4:15 | Break |
| 4:15 | 5:15 | Differential Diagnosis Exam <ul style="list-style-type: none"> • Implicating lumbar spine, hip or lower quarter dysfunction • Lumbar assessment • Hip/knee assessment • Foot/ankle assessment |
| 5:15 | 6:00 | Patient Case: Athlete with Hip Pain |

Day Two

| | | |
|-------|-------|---|
| 8:00 | 9:30 | Regional Interdependence Introduction <ul style="list-style-type: none"> • Connecting lower quarter dysfunction to LBP • Hip weakness resulting in LBP |
| 9:30 | 10:30 | Lumbar Spine and SIJ Evidence Based Manual Therapy Approach Therapeutic Ex <ul style="list-style-type: none"> • Type I mechanics (neutral gaping) • Type II mechanics (flexion/extension biased treatment) • Promote functional movement |
| 10:30 | 10:45 | Break |
| 10:45 | 11:45 | Manual Therapy and Therapeutic Activities to Promote Functional Movement Hip/Pelvic Region (Lab) <ul style="list-style-type: none"> • Hip mobilizations: flexion, extension, rotations • Therapeutic activities |
| 11:45 | 12:15 | Manual Therapy and Therapeutic Activities to Promote Functional Movement for the Lower Quarter (Lab) <ul style="list-style-type: none"> • Knee mobility • Foot and ankle mobilization • Therapeutic activities |
| 12:15 | 1:15 | Lunch (on your own) |
| 1:15 | 2:00 | Lumbar Stabilization Group (Lab) <ul style="list-style-type: none"> • Evidence Re: Lumbopelvic Stabilization • Neuromuscular Re-Education/ Stabilization Concepts <ul style="list-style-type: none"> - Transversus Activation and Progressions |
| 2:00 | 2:15 | Break |
| 2:15 | 3:15 | Evidence Review: Hip Weakness Resulting in LE or Lumbar Dysfunction (Lec/Lab) <ul style="list-style-type: none"> • Interventions Strategies for Lower Quarter Dysfunction • Progressive Hip Stabilization Program: • Non-Weightbearing muscle activation activity • Weightbearing progressive LE stability program |
| 3:15 | 3:45 | Patient Case: Runner with Hip Bursitis and SIJ Dysfunction/ LBP |
| 3:45 | 4:00 | Closing Remarks: Wrap-Up/Participant Surveys |

About the Educator

Dr. Tvedt received his Bachelor of Science degree in Kinesiology with a minor in Psychology from California Polytechnic State University, in San Luis Obispo, CA, and his Doctor of Physical Therapy degree from the University of Southern California in Los Angeles, CA. As a licensed physical therapist, Dr. Tvedt graduated from an APTA accredited Orthopaedic Clinical Residency, and has earned a board certification in the specialty of orthopaedics (OCS) through the American Board of Physical Therapy Specialties. He continues to be an active member of the American Physical Therapy Association and remains an active member of the Orthopaedic Section. While attending Cal Poly, SLO, Lukas conducted published research on the topic of Diabetic Peripheral Neuropathy. He continued to assist with research during his doctoral education in the Motor Behavior and Motor Control Laboratory at USC. He has taught locally and nationally on the topics of manual therapy for the spine and sacroiliac joint, as well as the hip/lower extremity. Lukas also developed an anatomy & physiology based curriculum utilized internationally by a renowned Pilates organization for certification of its instructors. Lukas currently serves as a clinical mentor within an APTA accredited orthopaedic residency for licensed physical therapists seeking advanced clinical practice with Team Movement for Life, & the University of Southern California. Dr. Tvedt has 8 years clinical experience in the outpatient realm. He is the clinic director at an outpatient private practice in Tucson, Arizona, and has experience treating Industrial/Tactical, & professional athletes, including MLB, Ballet Dancers, MMA, Tri-Athletes & Golf.

Outside the clinic, Lukas serves to raise money for local charities as a member of the Fiesta Bowl Committee and as a charter member of the Arizona Bowl Committee. Lukas, his wife Mandy, and their three sons Miles, Nolan, and Wyatt enjoy traveling and spending time with family and friends. He and his wife relocated to Tucson in 2007 and continue to enjoy all that Southern Arizona has to offer.

Additional Resource for Lumbar Spine

A Differential Diagnosis Approach to the Examination and Treatment of the Lumbar Spine and SI Joint

This online course presents the most current evidence-based information used in the evaluation and treatment of the sacroiliac joint and lumbar spine. A great resource to combine with the live course.

8.5 hours

Price when purchased with live course registration

IL Provider # 216000074, CA PT approval # PTNAS-2020-001, BOC Provider #P2047, call for category classification. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Massachusetts, Missouri, Montana, New Hampshire, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. Meets NV Board ceu requirements.

Why You Should Attend This Course

This two-day intermediate level evidence-based course provides you with the information and skills necessary to analyze the functional anatomy and mechanics of the lumbar spine and lower kinetic chain. Providing essential tools for value-based care to improve functional outcomes while optimizing reimbursable time.

Extensive laboratory sessions focus on connecting observation of movement impairments with differential diagnosis to determine underlying etiologies presenting in conjunction with lumbar dysfunction, hip pain/stiffness, and lower extremity pathologies. Use of patient cases, participant interaction, and video analysis of movement strategies is presented to determine evidence-based treatment strategies for various lumbopelvic and lower extremity diagnoses. Common patient presentations such as lumbar stenosis, lumbar facet dysfunction, lumbar strain, hip bursitis, gluteal tendinitis, piriformis syndrome, ITB Friction Syndrome, patellofemoral pain syndrome, patellar tendinitis, Achilles tendonitis, plantar fasciitis and posterior tibialis tendon dysfunction to name a few, are discussed in relation to movement system inefficiencies.

Laboratory sessions, along with key examination techniques to analyze gait, objective findings, and functional mobility, will provide the essential skills needed to identify altered movement patterns within the ankle, knee, hip, and lumbar spine and their possible etiology. This approach demonstrates the importance of an understanding of how synergistic movement is necessary within the lumbar spine and lower extremities to maintain functional, healthy movement patterns and to avoid compensatory motions that can contribute to long-term disabilities and decreased performance during any activity.

At the conclusion of the course, clinicians will understand how to perform a movement examination and apply critical thinking utilizing objective measurement tools to rule out specific dysfunction coming from the lumbar spine, hip and/or lower extremity regions. Critical results analysis will enable the clinician to develop progressive rehab programs to include therapeutic activities, manual therapy-functional motion, and specific exercise programs and to promote optimal function. You will be able to maximize your therapy sessions by identifying the true mechanisms of injury and developing a comprehensive program that encompasses the synergistic movement patterns of the lumbar spine and lower kinetic chain to promote optimal function.

Course Objectives

Upon completion of this course, participants will be able to:

- Identify anatomical structures and normal biomechanical functional movement of the hip, lumbar spine and lower quarter.
- Apply etiological and physiological concepts as they pertain to the hip, lower quarter and lumbar spine function, while recognizing signs and symptoms associated with various conditions.
- Implement a systematic approach to gait assessment and describe common impairments throughout the lower kinetic chain that can lead to movement dysfunction.
- Develop and integrate an accurate treatment classification category into a comprehensive program for treatment of lumbopelvic disorders.
- Perform a differential diagnosis examination to rule out: lumbar stenosis, lumbar facet dysfunction, lumbar strain, lumbar disc herniation, hip bursitis, gluteal tendinitis, piriformis syndrome, ITB Friction Syndrome, patellofemoral pain syndrome, patellar tendinitis, Achilles tendonitis, plantar fasciitis, posterior tibialis tendon dysfunction.
- Plan and implement an evidence-based assessment for the lumbopelvic region and correlating structures based on a biomechanical and functional assessment of the lower extremity and trunk.
- Justify and perform specific mobilizations to the lumbar spine and lower quarter.
- Incorporate specific therapeutic activities to supplement in-clinic interventions, joint mobilizations, and self-directed versions of hands-on treatment.
- Develop programs that improve patient outcomes and satisfaction, while maintaining optimal documentation and billing practices to decrease re-admission and improve word-of mouth referrals from current patients.
- Develop a systematic approach that incorporates clinical reasoning skills and evidence-based research when analyzing the results from a movement analysis examination as it pertains to lower extremity and lumbar dysfunction.
- Develop progressive exercise and functional mobility programs to decrease pain and promote biomechanically optimal functional movement within the lumbar spine and lower quarter.

Functional Mechanics

Best Value: Live course with online Lumbar Spine and SI

Course, includes instant online access to material, test & course certificate (23.5 hours!)

Send tuition to: North American Seminars, Inc.

2000 Mallory Lane Suite 130-67 Franklin, TN 37067

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All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.



Profession

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Credit Card

Exp.date

Phone

CW

e-mail

Location of attendance

All this information is required in order to process a registration